DOCUMENT RESUME

ED 330 930 CG 023 272

TITLE	Education Can Help Prevent AIDS and Drug Abuse among Women. The Fact Is...Series.
INSTITUTION	National Clearinghouse for Alcohol and Drug Information (DHHS), Rockville, MD.
REPORT NO	MS395
PUB DATE	Mar 90
NOTE	8p.
PUB TYPE	Reference Materials - General (130)
EDRS PRICE	MF01/PC01 Plus Postage.
DESCRIPTORS	*Acquired Immune Deficiency Syndrome; Alcohol Abuse; *Drug Abuse; *Females; *Prevention; Resource Materials

ABSTRACT

As a contribution toward community education efforts, this two-part resource list targets staff of alcohol and other drug use prevention projects, Acquired Immune Deficiency Syndrome (AIDS) projects, and women's health projects. The first section presents factual information on AIDS, including transmission patterns and demographics. The second section describes educational resources. These include videotapes, pamphlets, and manuals. The resources listed provide materials whose target population is primarily female. The materials include information about alcohol and other drugs, as well as their relationship to AIDS. A review of selected books follows the listing of organizations. (LLL)

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THE FACT IS.

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March 1990

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Education Can Help Prevent AIDS and Drug Abuse Among Women

Acquired Immunodeficiency Syndrome (AIDS) is spreading more rapidly among women than it has in the past. This phenomenon is most evident among minority women, who are at greater risk than White women of contracting the virus that causes AIDS. Because there is no cure for this disease, education is our major tool for prevention.

As a contribution toward community education efforts, this two-part Resource List targets staff of alcohol and other drug use prevention projects, AIDS projects, and women's health projects. The first section presents factual information on the disease, including transmission patterns and demographics. The second section describes educational resources. These include videotapes, pamphlets, and manuals you might find useful, as well as organizations you can contact for more information.

Definitions and Abbreviations

HIV - Human Immunodeficiency Virus, the virus that causes AIDS and AIDS-Related Complex (ARC).

AIDS - Acquired Immunodeficiency Syndrome. This is the disease that can be the result of HIV infection.

Seropositive - the state of being infected with HIV, the virus that causes AIDS. This term describes HIV-infected persons.

Intravenous (IV) - in, or directly into, a vein. For the purposes of this publication, the term shall be used to describe the use of a needle through the skin to inject illicit drugs such as cocaine and heroin.

THE FACTS

- AIDS is spreading more quickly now among women. In February 1989, women represented eight percent of all reported AIDS cases. At present, they represent 10 percent of all new cases diagnosed (1,2).

- AIDS is spreading at a higher rate among minorities than among Whites. Although Black and Hispanic people make up only 20 percent of the American population, they constitute 39 percent of all AIDS cases and 71 percent of all AIDS cases among women (1).

- Among all women with AIDS, 30 percent are Black intravenous (IV) drug users. They represent the group of women who are at the highest risk for AIDS. Those in the next highest risk group are Black heterosexual women, with Hispanic and White women following (1).

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- The risk of contracting AIDS is much greater for Black and Hispanic women than it is for White women. For every White woman who contracts AIDS, there are 13.2 Black women and 8.1 Hispanic women diagnosed (3).

- The risk is greater for both Black and Hispanic women (and also men) who live in the northeastern section of the United States. It is lowest for those living in the western section of the country (excluding major metropolitan areas such as Los Angeles) (3).

- Transmission patterns of HIV vary by ethnic group because of differences in behaviors that put people at risk. Because fewer Hispanic women use intravenous drugs, the greatest single risk factor for Hispanic women appears to be unprotected intercourse with intravenous drug users. The greatest risk factor for Black and White women appears to be the practice of sharing needles for intravenous illicit drug use (4).

- Native American women are at an increased risk of contracting AIDS because of the high incidence of sexually-transmitted diseases and alcohol misuse in this group. The use of alcohol and other drugs lowers inhibitions, which increases the possibility of engaging in unsafe sexual practices such as unprotected intercourse (5).

- The average age at which AIDS is diagnosed in women is 30-34 years, the same as it is for men (1).

- Fifty percent of all female AIDS cases in the Nation are in New York City, where AIDS is the leading cause of death for women aged 25-29 (6).

- In most sexually-transmitted cases of AIDS and of HIV infection, transmission is from male-to-male or from male-to-female. Female-to-male transmission of HIV is very rare in the United States (6,7).

- Roughly 100,000 of the HIV-positive people in the United States are women of childbearing age. Pregnant women run a 50 percent chance of passing the HIV virus on to their children (8,9).

- Roughly 30-50 percent of children born to HIV-positive women are infected with HIV at birth (6,7).

- Women are most likely to become infected with the virus in two ways (1):

  1. Through intravenous (IV) drug use—52 percent.

  2. Through heterosexual intercourse—29 percent.

- Women who do not use alcohol or other drugs may contract AIDS if their sexual partners inject illicit drugs (1).

- Clinical studies suggest that alcohol and other drug use affects the immune system, enhancing the body's susceptibility to the AIDS virus and increasing the severity of infection (10).

- Based on the facts above, it is clear that prevention efforts need to be directed to:

  1. Black and Hispanic women, especially those who live in the northeastern section of the United States.

  2. Women injecting illicit drugs.

3. Women who are sexual partners of male intravenous drug users.

4. Other women whose lifestyles include alcohol and other drug use, a high incidence of sexually-transmitted diseases, or promiscuous behavior.

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Resource List on Women and AIDS

The following list of educational resources includes videotapes, pamphlets, and manuals. The resources listed provide materials whose target population is primarily female. The materials include information about alcohol and other drugs, as well as their relationship to AIDS. A review of selected books follows the organizational listing.

The Office for Substance Abuse Prevention (OSAP), through the National Clearinghouse for Alcohol and Drug Information (NCADI), makes this information available as a public service. Providing this information does not constitute endorsement by OSAP, the Clearinghouse, or any other organization. Many of the materials listed below are free. In other cases, single copies are free and there is a charge for bulk orders. Please check with the publishing organization for details.

American College Health Association (ACHA)

ACHA distributes the popular pamphlet, "Safer Sex," which discusses the risks of AIDS-related behaviors, including use of alcohol and other drugs. It also lists safe, less risky, risky, and dangerous behaviors. ACHA also publishes "Women & AIDS," a 10-panel, 4-color pamphlet that is very informative. It includes sections on relationships and uncooperative partners. Contact ACHA, 15879 Crabbs Branch Way, Rockville, MD 20855, (301) 963-1100.

American Red Cross

The Red Cross has produced a 30-minute videotape, "*Don't Forget Sherrie*," a powerful drama focusing on a group of urban teenagers who are responding to the spread of the AIDS virus. The teens discuss ways in which AIDS is and is not transmitted. Developed for older teenagers, this material supports the principles that (1) saying "no" to sexual activity is highly recommended, (2) education regarding sexuality should be provided within the family, with schools and community organizations supplementing parental education, and (3) adolescent sexuality education should be based on positive values that rest on religious, ethical, legal, and moral foundations. A packet of written materials, including a videotape discussion guide, is available for teachers, leaders, students, and parents. Contact your local chapter of the American Red Cross for information and written materials. To request a free loan of the videotape, call Modern Talking Pictures, (800) 243-6877.

California Prostitutes Education Project (Cal-Pep)

Cal-Pep developed and publishes the 70-page manual *Prostitutes Prevent AIDS: A Handbook for Health Educators,* which was designed to help plan and implement AIDS education programs for prostitutes and their sexual partners in California. The manual provides a replicable model for programs elsewhere and includes guidelines for risk-reduction counseling. Includes extensive appendices and bibliography. $25. Available from Cal-Pep, P.O. Box 6297, San Francisco, CA 94101-6297, (415) 558-0450.

Feminist Institute

The Feminist Institute publishes the booklet *Protection Against Infection for Women Using Alternative Insemination,* by Drs. Jean Hamilton and Caroline H. Sparks. The booklet answers questions about risks and precautions that women can take to safeguard their health, especially minimizing AIDS risks, while pursuing alternative insemination. Price $4; postage $.60. Also distributes a useful background paper, "Psychosocial Impact of AIDS on Women" (1987). Price $5 per copy; postage $2. Contact the Feminist Institute, P.O. Box 30563, Bethesda, MD 20814, (301) 951-9040.

Gay Men's Health Crisis (GMHC)

GMHC provides support services for people with AIDS, conducts educational research programs, and conducts seminars for health care professionals and workshops for people at risk. They develop and distribute materials to meet the needs of different audiences, including the widely distributed pamphlet, "Women Need To Know About AIDS." One copy free; additional copies $.30 each, less in bulk quantities. Contact GMHC, Box 274, 132 West 24 Street, New York, NY 10011, (212) 807-7517.

Health Education Resource Organization (HERO)

HERO is a nonprofit community group formed in 1983 to provide information and assistance to people concerned about or affected by AIDS and human immunodeficiency virus (HIV) infection. They produce a 5 1/2"-by 8 1/2" poster card, "Women, Infants, and AIDS," designed for street outreach use (also available in Spanish). $.15 each. Contact HERO, 101 West Read Street, Suite 812, Baltimore, MD 21201, (301) 685-1180. Ask for their catalog.

Hispanic AIDS Forum

The Hispanic AIDS Forum distributes an 8-panel pamphlet, "Let's Talk in Confidence about AIDS: Woman to Woman" that points out that "no woman can be absolutely sure that she's safe from AIDS. Only by knowing what AIDS is and how it is spread can you protect yourself and those you love." Available from the Hispanic AIDS Forum, 140 West 22nd Street, New York, NY 10011, (212) 463-8264.

Inland Empire Perinatal Center

The Inland Empire Perinatal Center has designed a pamphlet to help perinatal health care professionals implement strategies of primary prevention of HIV infection in women in order to prevent AIDS in infants. In addition to AIDS statistics, the pamphlet offers guidelines for clinical management, for prepregnancy counseling and education, and for controlling the spread of the infection. Limited quantities available. Free. Available from Sherrie Bowman, Inland Empire Perinatal Center, 411 Medical Center Building, Spokane, WA 99204, (509) 624-1008.

Minneapolis Indian Health Board

The Minneapolis Indian Health Board distributes the 25-minute videotape, *"Her Giveaway: A Spiritual Journey with AIDS,"* which profiles Carol LaFavor, an Ojibway woman with AIDS. The professionally produced and emotionally moving videotape combines a strong sense of Native American tradition along with a narration that outlines clinical issues of AIDS. The videotape is available at different costs, depending on the requesting organization. For philanthropic, governmental, or educational organizations and for libraries, the cost is $362 ($107 rental). For Native American organizations and community-based nonprofit organizations, the cost is $92 ($47 rental). Contact the Minneapolis Indian Health Board, 1315 East 24th Street, Minneapolis, MN 55404, (612) 721-7425.

National AIDS Information Clearinghouse

The National AIDS Information Clearinghouse distributes a series of posters that are available as newspaper ads, magazine ads, and transit cards. Messages include "He Wouldn't Give Up Shooting Up . . . So I Gave Him Up," "I Didn't Know I Had AIDS . . . Not Until My Baby Was Born With It," and "If Your Man is Dabbling in Drugs . . . He Could Be Dabbling With Your Life." The Clearinghouse also distributes a wide variety of information, including Public Health Service publications on AIDS. They have many Spanish publications available. Materials are free. Contact the National AIDS Information Clearinghouse, P.O. Box 6003, Rockville, MD 20850, (800) 458-5231.

National Clearinghouse for Alcohol and Drug Information (NCADI)

NCADI distributes general information on alcohol and other drugs and distributes general AIDS and drug information, including posters and videotapes. Videotapes include *"Olga's Story,"* produced by the National Institute on Drug Abuse. Several posters carry messages such as "When You Share Needles You Could Be Shooting Up AIDS" and "A Man Who Shoots Up Can Be Very Giving. He Can Give You and Your Baby AIDS." The latter poster is available in three versions: one in Spanish showing a Hispanic woman, one showing a Black woman, and one showing a White woman. Black and white print ads are also available for use in newsletters, magazines, or as mini-posters. In addition, two annotated bibliographies are available, *"Women and AIDS"* and *"Prostitution and AIDS."* Most materials are free. Contact NCADI, P.O. Box 2345, Rockville, MD 20852, (301) 468-2600.

National Women's Health Network (NWHN)

NWHN develops and distributes a variety of health-related information, including the pamphlet "AIDS—What Every Woman Needs To Know." 6 panels, 2 colors. $10 per 100; $2 for postage. Also available in Spanish. Contact NWHN, 1325 G Street, NW, Lower Level, Washington, DC 20005, (202) 347-1140.

Network Publications

Network Publications publishes the pamphlet, "What Women Should Know About AIDS," a 6-panel, 2-color publication packed with solid information. $11 for 50 copies, plus postage. They also distribute the book *Women and AIDS* by Diane Richardson (see book section at the end of this resource list). Contact Network Publications, P.O. Box 1830, Santa Cruz, CA 95061-1830, (408) 438-4080.

New York City Department of Health, Division of AIDS Program Services

The New York City Department of Health, Division of AIDS Program Services distributes a candid 27-minute AIDS prevention videotape, *"Needle Talk."* The videotape provides facts about AIDS, and in a documentary style it talks with drug users, former users, and their sexual partners. It also provides information such as the proper use of condoms. Free. Write to New York City Department of Health, Division of AIDS Program Services, Attn: NeedleTalk, Box 67, 125 Worth Street, New York, NY 10013, (212) 566-5012.

New York State Department of Health

The New York State Department of Health distributes posters, pamphlets, and videotapes, including *"Una Cuestion de Vida o Muerta,"* an emotionally powerful 20-minute videotape about a young Hispanic woman concerned about contracting AIDS from her boyfriend. They also distribute *"Joan's Story,"* an 8-minute videotape about how women can protect themselves from AIDS, and *"Beverly's Story,"* which is about pregnancy and the test for the AIDS virus (12 1/2 minutes). The Department also publishes a comic book for teenage minority women, "A Close Encounter." $20 fee to out-of-State health care providers. Contact the New York State Department of Health, Corning Tower, Room 1084, Albany, NY 12237, (518) 474-5370.

People of Color Against AIDS Network (POCAAN)

POCAAN distributes the popular poster and pamphlet, "OK, But Next Time You Have To Wear One: Famous Last Words," which warns women to protect themselves from HIV infection by requiring their sexual partners always to wear a condom. This organization develops materials for AIDS education, such as comic books and pamphlets, for minority groups. Their pamphlet "AIDS in the Black Community" summarizes important facts. POCAAN is a multiracial, educational coalition that provides training and works with existing AIDS programs on issues pertaining to people of color. They are made up of both individuals and organizations. For more information, contact POCAAN at 105 14th Avenue, Suite 2D, Seattle, WA 98105, (206) 322-7061.

San Francisco AIDS Foundation

Founded in 1982, the San Francisco AIDS Foundation conducts educational programs for at-risk audiences and provides client services. They produce a range of ads, brochures, and street outreach campaigns, and maintain a Speakers Bureau and Hotline (in Spanish also). Specifically for women, they publish the following pamphlets:

- "AIDS (SIDA) Mata a Las Mujeres y a Los Ninos"
- "AIDS Kills Women and Babies"
- "El Embarazo y el Sida"
- "Pregnancy and AIDS"
- "Lesbians and AIDS"
- "Women and AIDS"

Most are $.30 per copy, plus postage. Other materials include *Women and AIDS Clinical Resource Guide* ($45) and various training manuals for health care professionals. Contact the San Francisco AIDS Foundation, 333 Valencia Street, P.O. Box 6182, San Francisco, CA 94101-6182, (415) 861-3397.

Women's Action Alliance

The "Women's Centers and AIDS Project" of the Alliance offers training, information, and technical assistance to independent and campus-based women's centers, enabling them to offer appropriate and effective AIDS-related services and risk reduction education to the women they serve. They have an information package, including a guide to educational materials. Con-

tact Gerry Pearlberg, Project Director, Women's Centers and AIDS Project, Women's Action Alliance, 370 Lexington Avenue, Suite 603, New York, NY 10017, (212) 532-8330.

Books

AIDS: The Women, edited by Ines Rieder and Patricia Ruppelt (1988). Availability: Cleis Press, P.O. Box 15221, Pittsburgh, PA, (412) 731-3863.

The authors of this collection of essays are women whose personal or professional lives have been touched by AIDS. They include friends and family members of persons with AIDS and women involved in AIDS treatment, education, and prevention. (251 pages) $9.95, cloth; $24.95, hardcover.

Women & AIDS, by Diane Richardson (1988). Availability: Methuen, Inc., 29 West 35th Street, New York, NY 10001.

This book provides a clear and informative account of the issues that AIDS raises for women. Besides providing important information, the book also challenges the racism, sexism, and homophobia surrounding the disease. (183 pages) $9.95.